

Making it delicious

Baba Ganoush



Ingredients

- 1 medium Eggplant
- 1 clove garlic, finely minced
- 1 Lemon, juiced
- 2 Tbsp. Tahini
- 1 tsp. Sea salt
- Olive oil
- Optional: Fresh cilantro, parsley or basil, chopped



Recipe adapted from www.foodnetwork.com

Instructions

- Preheat oven to high broil (or medium if available) and position a rack at the top of the oven.
- Slice the eggplant into 1/4 inch rounds.
- Arrange on a baking sheet and drizzle with olive oil and a pinch of sea salt. Roast for 5-10 minutes, turning once or twice, until the eggplant is softened and golden brown. Remove from pan, and let cool for 5 minutes.
- Peel away most of the skin of the eggplant (a little is fine) and add the flesh to a food processor. It should be soft and tender, and the skin should come off easily.
- Add lemon juice, garlic, tahini, and a pinch of salt, and blend until creamy. Add the herbs last, and pulse to incorporate. Taste and adjust seasonings as needed.
- Serve with pita bread, pita chips, or veggies. Will keep covered in the fridge for several days.